

WHAT'S ON:

TECH FREE THURSDAY – every
Thursday afternoon

PARENT Q and A SESSIONS

9th and 10th February

HOLIDAY AND INSERVICE

15th, 16th 17th February



Uryside School News

The life of the school

Friday, 05 February 2021

Tech Free Thursday! Take a break from Screen Time

From lunch time on Thursdays we will go Tech Free as a whole school. This will be for all pupils and staff – and we would love it if some parents were able to join in too!

We would like to encourage everyone to take the afternoon away from the laptops, Ipads or other devices -yes, even your mobile phones. We encourage you to go outside, engage in a hobby, read a book, bake a cake, do some sport that you enjoy, play a board game, do some arts and crafts, build a den, put on a play.....the list is endless and we fully

encourage you to use your imaginations to come up with lots of other ideas. We would love to see pictures of what you all do. The only rules are no devices and no screens!

Dr Mireia Adelantado-Renau, lead author of a recent study, said that excessive television viewing time among children “has been shown to decrease attention and cognitive functioning and to increase behavioural problems and unhealthy eating habits.

Earlier this year, the UK's medical officers said mobile

phones should be banned from the dinner table and bedtimes.

Dame Sally Davies said that while time spent online can be of “great benefit to young people”, parents should take a “precautionary approach” to ensure their children are protected.

This follows guidelines for paediatricians which said problems with smartphones and social media occur when they interfere with children's sleep, wellbeing or family time.



Occasional day holidays confirmed

Monday 15th February has been confirmed as a local holiday. There will be no in school provision for key worker or vulnerable families from Monday 15th – Wednesday 17th February.

Rag Bag update

£103.60 was raised following the latest collection from our Rag Bag delivery station. Thank you to everyone who donated and cleaned out their wardrobe!

Each week we hope to publish work completed by pupils across the school. Thank you to Cassia (P7) for her perspective on living under lockdown, we would love to hear and publish other pupil's point of view. Please send them across to class teachers via Seesaw.

Thanks to Elise, Adam and Ally in P5 for sharing their poems too.

Lockdown Life

A P7 perspective

Lockdown is the most irritating thing to exist! All I want is to have sleepovers with my friends and get to enjoy my last year of school, but clearly that's too much to ask for. Online school can be very difficult because of all the distractions around us, the TV, phones, siblings, pets... The list goes on.

Often the pandemic is terrifying! Always warnings on the news, new restrictions are just less freedom to live a normal life. Half the time, the rules don't even make sense!

One of the good things that comes out of lockdown is that I get to see my family more and spend time with them. Before I would always have dance and singing after school but now that's all online, I still see my family.

Cassia, P7.



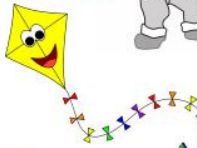
Break time fun

By Elise

Sally is unlucky.
She has a sore head.
She has gone inside
To go home to her bed.



Zoe is lucky.
She has a big smile.
Her kite has been flying
For a while



Toby is unlucky
He's had a great fall
He's unsure what to do
He's unsure who to call



Coco is unhappy
She wants to pick flowers
But they're low down
And she's as tall as a tower.



Mr Potter is lucky
He has some spare time
The children are all playing
So he sings a little rhyme



Jason is lucky.
He's playing on the swings.
He's having lots and lots of fun,
I'd like to do those things.

Michael is lucky.
He's going down the slide.
I wish that I could play with him,
and run around and hide.

Bethany is lucky.
She's running in a race.
I'm worried that she'll trip
because she's not done up her lace!

Anthony is lucky.
He's playing in the sun.
The summertime is lovely,
and it looks like so much fun!

Adam

Bob is lucky.
He loves when it's hot.
He puts on his lotion
and sunbathes a lot.

Scarlett's unlucky.
She dislikes the sun.
She misplaced her sunhat
and she's not having fun.

Kevin is lucky.
He likes butterflies.
He chases them round
till they're high in the sky.

Stewart is unlucky.
He coughs and he wheezes.
He's allergic to cut grass.
It gives him the sneezes.

Ally

Bike Online Resources

All the resources for remote learning are listed on our website - <https://ibike.sustrans.org.uk/remote-learning/> This is a full list of all the remote learning resources shared so far and will be updated regularly. These are categorised by curriculum area.

If boxercise and dance aren't quite your thing then check out these resources from our colleagues at Basketball Scotland.

Junior NBA Resources - [Jr. NBA at Home](#) - [NBA.com: Jr. NBA](#)



Alternatively, **Live Life at Home** Aberdeenshire are currently running a Winter Wellbeing theme on the Live Life at Home website with ideas on how to stay well with winter.

Winter Wellbeing, Live Life at Home
<https://www.livelifeaberdeenshire.org.uk/live-life-at-home/winter-wellbeing/>

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Aberdeen Football Club Community Trust's (AFCCT) weekly update

Aberdeen Football Club Community Trust's (AFCCT) weekly update to the fantastic resources- **DOOnline Learning**- that can be used at home or in school will be on their site shortly:

<https://www.afccommunitytrust.org/donline-learning-3/>

As you'll see once the resources are uploaded, AFCCT have linked their activities in to Childrens Mental Health Week, and they will also have various messages going out on social media through the week

AFCCT also have a live competition called AFC Moments. It would be great to encourage our children and young people (and adults!) to get involved!

<https://www.afccommunitytrust.org/donline-learning-3/afc-moments-challenge/>

Dynamic Earth Online

But never fear, [Dynamic Earth Online](#) is here!

We are continuing to update our new website with lots of STEM resources which you can use as inspiration for class topics, fun at-home science lessons, and to encourage your learners to find out more about issues like global warming and the climate crisis.

Coming up next week, we have:

Monday - today we will focus on volcanologist Dr Kayla Iacovino and her exciting work researching volcanoes - both here on Earth, and on other planets like Mars! You can also try making your own volcano at home!

Tuesday - find out about the crucial role female scientists, engineers and mission controllers have played in the UAE's 'Hope Probe' mission to Mars, and then track its current location.

Wednesday - today, it's all about whales - we hear from Dr Jennifer Jackson about her research, and the exciting news of increasing numbers of Antarctic Blue Whales. Why are these creatures (and their pool!) so important for Earth's marine ecosystems?

Thursday - it's #WomenInScienceDay and today we are highlighting the fascinating work of Dr Anjana Khatwa who is a geologist researching fossils on the Jurassic Coast. Find out more about what an Earth Scientist does, and try your hand at fossil hunting too!

Friday - to round off our week of celebrating women in science, we are focusing on Nemonte Nenquimo, an Indigenous environmental campaigner from the Ecuadorian Amazon

Parent Q and A Sessions

Post your questions to staff

We would like to invite all parents/carers to attend one of our live question and answer sessions next week. These will be run in class stages and will focus on the online/remote learning currently taking place at Uryside School. Class teachers will begin with a brief introduction that may cover techniques to best support your child, expectations and feedback. The remainder of the 1 hour session will attempt to answer a variety of questions previously sent in. In order to allow our staff to prepare fully for these sessions, we ask that all questions are sent to your child's class teacher (via SeeSaw) by 9am Monday 8th February. Unfortunately, Staff will not be able to answer questions raised on the night due to time and logistical restraints.

Please note, these sessions are to address questions regarding our online/remote learning; we are not in a position to answer any questions regarding a return to

school. Information on this will be cascaded to all parents as soon as we have any more updates.

The sessions will take place on Google Meet and meeting codes will be sent via SeeSaw. The times are detailed below and an attempt will be made to record the sessions if you are unable to attend:

Tuesday 9th February:

- P4 classes (P4A, P4B and P4s from P4/5) – 5pm;
- P1 classes (P1A, P1B, P1C and P1s from P1/2) – 6pm
- P6 classes (P6A & P6B) and P7 classes (P7A & P7B) – 7pm (these will be in separate meetings, not held together)

Wednesday 10th February:

- P5 classes (P5 and P5s from P4/5) – 5pm;
- P2 classes (P2A, P2B and P2s from P1/2) – 6pm
- P3 classes (P3A and P3B) – 7pm

The Director of Education issued a letter to all parents updating Aberdeenshire's position following the recent statement by the First Minister. A copy of that letter is available to read [here](#).



Please could all parents and carers complete a short questionnaire that covers many of the themes of our online learning. Your responses are really important to us and help to shape school improvement.

<https://tinyurl.com/2yc6abra>

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.

3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.

STRUGGLING DURING LOCKDOWN

5

Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.

6

Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.

7

Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.

8

Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

The Grampian Psychological Resilience Hub

The Grampian Psychological Resilience Hub was established in response to Covid-19 as a means of being able to offer psychological support and psychological first aid to children and young people across Grampian.

The service is available Monday to Saturday and evening contacts are possible. This is a time of challenge and heightened emotions and we wish to make you aware that the service is available and in a position to offer support.

You can also find more information

here: <https://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/what-is-the-grampian-psychological-resilience-hub/>

Holiday Dates:

| | |
|--|---------------------------------------|
| Monday 15 th February 2021 | Local holiday |
| TUESDAY 16 th FEBRUARY 2021 | IN-SERVICE DAY |
| WEDNESDAY 17 th FEBRUARY 2021 | IN-SERVICE DAY |
| THURSDAY 1 st APRIL 2021 | SCHOOL CLOSSES FOR EASTER BREAK |
| MONDAY 19 th APRIL 2021 | SCHOOL RE-OPENS |
| MONDAY 3 rd MAY 2021 | MAY DAY HOLIDAY |
| Monday 7 th June 2021 | Local holiday |
| FRIDAY 25 th JUNE 2021 | SCHOOL CLOSSES FOR SUMMER HOLIDAYS |
| MONDAY 16 th AUGUST 2021 | IN-SERVICE DAY |
| TUESDAY 17 th AUGUST 2021 | SCHOOL RE-OPENS |
| FRIDAY 15 th OCTOBER 2021 | SCHOOL CLOSSES FOR OCTOBER HOLIDAYS |
| MONDAY 1 st NOVEMBER 2021 | SCHOOL RE-OPENS |
| THURSDAY 18 th NOVEMBER 2021 | IN-SERVICE DAY |
| FRIDAY 19 th NOVEMBER 2021 | IN-SERVICE DAY |
| TUESDAY 21 st DECEMBER 2021 | SCHOOL CLOSSES FOR CHRISTMAS HOLIDAYS |
| WEDNESDAY 5 th JANUARY 2022 | SCHOOL RE-OPENS |

Live Life Aberdeenshire Library Service

Below is a link to the Library service digital classroom that contains links to many of it's free resources.

<https://docs.google.com/presentation/d/1DLrYjk5mwR8zSdpgsWahb2At8BTSTODGz5s7QybBZx0/present?sl>



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